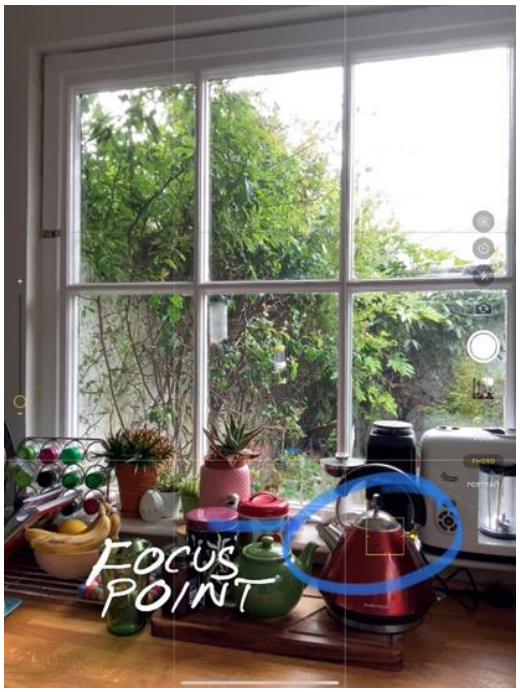
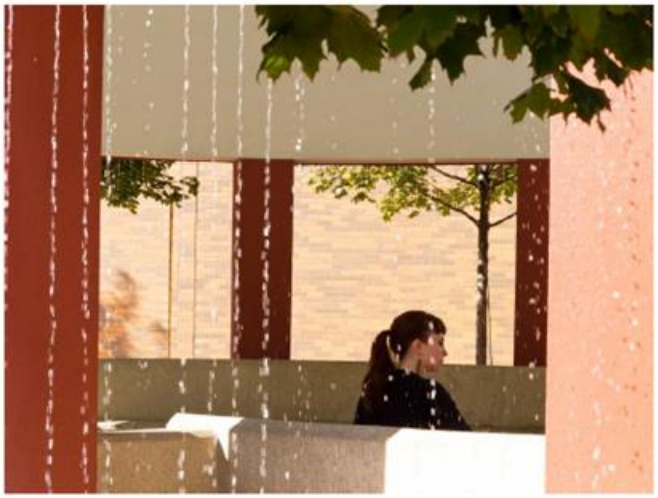
Documenting Young People's Experiences of Health Restrictions – Youth Worker Resource Pack 2020





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funding the arts artscouncil.ie

An Roinn Leanaí agus Gnóthaí Óige
Department of Children and Youth Affairs

Documenting Young People's Experiences of Health Restrictions – Youth Worker Resource Pack

Introduction:

The National Youth Council of Ireland (NYCI) is a national organisation and the representative body for voluntary youth organisations in Ireland. We use our collective expertise to act on issues that impact on young people. The National Youth Arts Programme has been working with 17 different youth organisations nationwide to capture what life has been like for young people during the current restrictions. They provided a support workshop, 1 to 1 follow up technical support calls and a series of weekly activities and tasks to each of the participating projects. This resource pack supported young people to take photographs of their daily lives as they isolated from home. Some of these photographs can now be viewed within our online gallery www.youth.ie

Objectives of the project:

- To provide a creative outlet for young people during their restricted time indoors and during isolation from friends and groups
- To document and make visible young people's experiences during the current health crisis
- To create a record of young people's experiences and the impact of the current measures

Thank you:

NYCI would like to take this opportunity to thank Anne O Gorman (NYCI) and Brian Cregan photographer for their expertise in designing and delivering this project. We would also like to acknowledge Daniel Meister, Rosie Boyle, Alison Fox and Saoirse Reynolds (NYCI) for their continued support to the project.

You can discuss any aspect of this project by contacting Anne O Gorman, National Youth Arts Programme Manager, NYCI at 087 1311085 anneog@nyci.ie

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First steps:

Before you begin this project please ensure that in using and adapting these activities to undertake a photography project with young people in their own setting that:

- Your project adheres to their Child Safeguarding Statement, Child Protection Policy and Procedures and all policies outlined in the Child Safeguarding Statement.
- Your project adheres to their organisational policies on the taking/use/sharing of images/social media
- Consent has been sought from young people and their parent(s)/guardian(s) for their participation in the project with the organisation

NYCI has collated a series of resources on digital youth work which you can access here:

https://www.youth.ie/articles/need-support-with-digital-youth-work/

The Arts Council has produced a useful resource which contains information that you might find useful for this project.

http://www.artscouncil.ie/uploadedFiles/wwwartscouncilie/Content/Arts_in_Ireland/Young_people,_children_and_education/Child_protection_and_welfare/Guidelines.pdf

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Documenting Young People's Experiences of Health Restrictions- A Photography Project

Overview the 6 Weeks of themes and activities:

Week 1 **Theme:** The view through my window or a view of my space. **Description:** Learn basic framing and composition skills and how to control focus when taking a photograph to capture where you live.	**Pages 4-6**
Week 2 **Theme:** Myself **Description:** This is a self-portrait activity that goes deeper than your typical 'selfie'. It explores identity and representation.	**Pages 7-10**
Week 3 **Theme:** Portrait of a friend (or family member) **Description:** How to photograph a friend from a safe distance using different types of shots and lighting techniques.	**Pages 11-14**
Week 4 **Theme:** Some of the things that I'm missing **Description:** Still life/ Macro photography exploring things that we are missing like school, youth clubs, sport, games etc.	**Pages 15-17**
Week 5 **Theme:** Landscape or Streetscape. Use perspective to create dynamic photographs of nearby places.	**Pages 18-21**
Week 6 **Theme:** Digital Story **Description:** Combine photos, text, music or voiceover to create a 2 minute digital story.	**Pages 22-25**

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Documenting Young People's Experiences of Social Isolation – A Photography Project.

Activity 1

Theme: The view through my window or a view of my space.

Task

The first known photograph was taken through a window in France in the 1820s (Fig.1). Now millions of photographs are taken every day. At the moment many of us are spending more time at home and have the opportunity to think and reflect more about the places we live in. Take a series of photographs of the view through your window or if you prefer, of a physical space in your home. Search out the beauty, the ordinary and the unusual in your everyday life. Try and tell a story about how you are feeling through the photographs. Think of a title for your favourite photograph and if you like, write a short piece of text about it.

Tips

- Think about what you want your subject to be and how you will frame it.
- Make sure your subject is in focus by putting your finger on the screen until the yellow box appears (Fig.2)
- Change exposure (brightness and darkness) by holding your finger on the yellow box and then moving it up to make it brighter (Fig.3) and down to make it darker (Fig.4)
- Turn on the grid. (Settings>Camera>Grid).Find Grid and toggle it on.
  The grid will help your composition skills by using the idea of rule of thirds. Make your images more interesting and dynamic by placing subjects along the lines and where they intersect. In this example (Fig. 5) the horizon line is placed on the upper third of the image and the sea barriers in the lower third to create a balanced image.
- Think about whether you want to take your photograph in portrait or landscape mode. Perhaps try both and decide on your favourite later.

Examples

Many photographers are documenting their lives in Lockdown. Look at the different approaches they take to photography. You can follow many famous photographers on Instagram.
https://www.theguardian.com/artanddesign/2020/may/10/through-my-lockdown-lens-11-leading-photographers-capture-their-confinement

Japanese photographer Rinko Kawauchi is known for her poetic photographs of everyday life.
https://www.instagram.com/p/B95WJhIA-Wg/
http://rinkokawauchi.com/en/works

Reflection

- Can we convey mood or emotion through a photograph?
- Is there a difference between a 'snapshot' and a photograph that is planned in advance?

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Additional Resources

Look at how photographers are documenting the pandemic.
https://www.nytimes.com/2020/04/02/arts/design/instagram-photographers-coronavirus.html

Jemima Long (Photographs from a window)
https://www.bbc.com/news/in-pictures-52298901

Mass Isolation Project with The Gallery of Photography
Share your experiences on Instagram
https://www.instagram.com/mass_isolation_irl/?hl=en

More examples of the Rule of Thirds
https://en.wikipedia.org/wiki/Rule_of_thirds#/media/File:RuleOfThirds-SideBySide.gif

Historical Context

The First Photograph
https://www.hrc.utexas.edu/kiosk/firstphotograph/

Technical Tips: (these are for Iphone but should work for most smartphones with minor variations)

- Turn on the grid. (Settings>Camera>Grid) The grid will help your composition skills by using the idea of rule of thirds. Make your images more interesting and dynamic by placing subjects along the lines and where they intersect.
- Set the format on your camera to JPEG by going to Settings>Camera>Most Compatible (IPhone 2017 and later).This is only an issue with more recent IPhone models.
- Keep Flash off generally.
- Turn off Live.
- Keep your favourites by clicking on the heart symbol at the bottom of the screen when you are reviewing them.
- Swipe left on the screen to go straight to the camera App.
- Swipe up to use the camera app shortcut. (Slide your finger up from the bottom of the screen and a new window should appear with the app in it.
- Make sure your subject is in focus by putting your finger on the screen until the yellow box appears.
- Change exposure (brightness and darkness) by holding your finger on the yellow box and then moving it up to make it brighter and down to make it darker.
- Lock focus and exposure by holding your finger on the screen until AE/AF Lock appears. Hold it down again to release it.
- Turn HDR to On (This is often at the top of your screen. It will give your image better depth and colour)
- Shoot in normal rectangular Photo mode. You can crop it to a square later if you wish.
- Use burst mode to capture movement by holding your finger on the shutter button to take multiple photos. These will appear as a stack in your Photos App.

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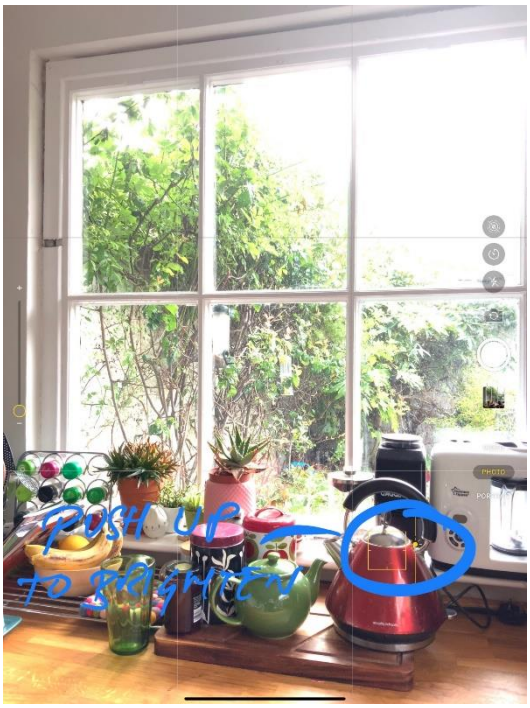
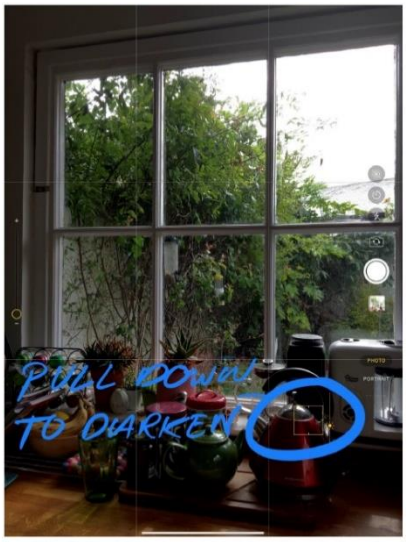
- You can take photos using either of the volume buttons on your phone! You can also use the volume buttons on your wired or Bluetooth audio headset to take photos. Very handy for self-portraits or candid photography.

Fig 1.View_from_the_Window_at_Le_Gras,_Joseph_Nicéphore_Niépce.jpg

Fig 2 Focus Point

(Fig.3) Brighten.jpg





(Fig.4) Darken.jpg

Fig.5

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Documenting Young People's Experiences of Social Isolation – A Photography Project.

Activity 2: Myself

Please note:

- Please take additional care this week to ensure that how you interpret and undertake this week's activity is in keeping with your organisation's taking/use of images policy and safeguarding policy. You can refer to the Arts Council guide on Taking of Images included in your checklist for additional guidance.
- For young people's additional well being, as this week's activities focus on self portrait, we will not be including the name of the young photographer on this week's images.

Many young people love taking selfies while others have sensitives around their image. In this activity young people can photograph themselves facing away from the camera **(Fig.1**). They could also photograph a part of their body that they want to represent them (for example a hand wearing a bracelet) **(Fig.5)**. Jewellery and other mementos are important signifiers for young people and can be used to represent themselves instead of a more direct portrait. Another way to do portraits creatively is to use reflections from mirrors and windows **(Fig.6)**.

Theme: Myself

Artists have used the self-portrait for centuries as a way of marking a particular moment in their lives or to express mood or emotion. Traditionally this was done through painting but the birth of photography opened up endless possibilities.

Task

Create a self-portrait using the self-timer on the camera. Think about how you want to be represented. How will you use the photograph to capture your personality? Take your time to think about how you want to be represented and plan your photograph. You can use props or dress in a certain style.

Tips

- Use the self-timer on the camera and the back facing camera (not the selfie one). The quality of the photograph will be much higher.
- If you have wireless or Bluetooth headphones you can try using them as a remote control
- Make sure you are in focus by putting your finger on the screen until the yellow box appears. Lock focus and exposure by holding your finger on the screen until **AE/AF Lock** appears. Hold it down again to release it. You could ask a family member to model for you while you set up the shot.
- Try taking the photograph in different lighting situations. You could shoot during the day outside and then wait until evening to use artificial light. See which works best.

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- Take your portrait from different perspectives by using a **High angle** (birds eye view)**(Fig.2) Low angle** (worm's eye view)**(Fig.3)** and **eye level (Fig.4).** A photograph taken of someone from below at a low angle can make them seem more powerful. A high angle shot looking down can make the subject look smaller.

Examples

Look at the work of Cindy Sherman. Explore how she uses identity to create images and construct characters.

https://www.moma.org/calendar/exhibitions/1154

https://www.instagram.com/cindysherman/?hl=en

Look at the Kitchen table series by Carie Mae Weems.
http://carriemaeweems.net/galleries/kitchen-table.html

See how Molly O' Cathain has worked with her parents at home to create a series of portraits inspired by art history

https://www.instagram.com/mollyfreja/?hl=en

Reflection

- Is this self-portrait different from a 'selfie'?
- In selfies we usually try to project an image of happiness or perfection. Is it ok to show ourselves in a different light sometimes?

Additional Resources

Exploring Identity

https://www.tate.org.uk/art/student-resource/exam-help/changed-identity

How to make a homemade Smartphone Tripod

https://www.youtube.com/watch?v=TTtJovKtujo

Using creative techniques like windows, mirrors etc.

https://www.canva.com/learn/10-creative-self-portraits-techniques-will-inspire-create/

Other Artists

Gilian Wearing, Grayson Perry, Amanda Coogan

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Examples of self-portraits:

(Fig.1) Portrait from behind

Photo from The Glass Garden 2018

Photo by Joseph Young on Unsplash

(Fig.2) High Angle Shot

Photo by Ankit Pareek on Unsplash

(Fig.3) Low Angle Shot

Photo by Ilie Micut-Istrate on Unsplash

(Fig.4) Eye Level Shot

Photo by Toa Heftiba on Unsplash

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(Fig.5) Self Portrait -Hand

Photo by Thirteen .I on Unsplash

(Fig.6) Self Portrait -Reflection

Photo by Joanna Nix on Unsplash

Photo by Charis Gegelman on Unsplash

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Documenting Young People's Experiences of Self Isolation- A Photography Project

Activity: 3 : Portrait of a Friend (or family member)

Please note:

- Please take additional care this week to ensure that how you interpret and undertake this week's activity is in keeping with your organisation's taking/use of images policy and safeguarding policy. You can refer to the Arts Council guide on Taking of Images included in your checklist for additional guidance. An additional 3rd party consent form is included this week for ensuring the consent of people depicted in portraits for the use of their image.
- For young people's additional well being, as this week's activities focus on portrait, we will not be including the name of anyone depicted in this week's images.

Task

Create a portrait of a friend or family member using some of the photography skills you have learned during the last few activities. Use a wide shot, medium shot and close up while keeping socially distant at 2 meters. Experiment with different lighting conditions and backgrounds and see how it affects your image, for example shooting on a cloudy day vs a sunny one. Or you can try using a plain background like a blue sky vs a textured one (brick wall). Collaborate within your partner on ideas in advance to plan your photoshoot.

Tips

- Try shooting your 1st portrait using window light. Use a homemade reflector to bounce light back into the shadow areas of your friend's face.
- Make your friend feel at ease by chatting to them while taking their portrait. It will help stop you both being nervous!
- Ask your friend to bring different clothes to wear and also props. These could be things like a musical instrument that they play, sports equipment, a favourite book etc. Or they can simply dress up the way that they want. The most important thing is to have fun and enjoy the photoshoot!
- Take your portrait using different types of shots. You could start with a full length portrait (wide shot)**(Fig.1**). Then move closer to shoot from the waist up (medium shot) **(Fig.2).** Finally a close up of their face if you can do so at a distance **(Fig.3)** Try not to use the digital zoom by pinching the screen as the quality of the image gets poor.
- Try moving around your model to get different points of view, from the side etc. You can also ask them to move for you, trying different poses. Take lots of photos and make favourites of your best. **(Fig.4)**
- Try bringing energy into the shoot by doing some fun poses and movements! **(Fig.5)**
- When shooting in full sunlight, find a shady spot like somewhere under a tree. Ask them your model to stand in the shade and walk to the edge of the shadow, towards

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the sun until you can see some light in their eyes. Try taking photographs at this position called 'open shade'.

- Try using the flash in some of the portraits and compare the results.
- Swap roles with your friend and let them become the photographer for some of the photoshoot!

Examples

Michelle Sank has been documenting the lives of young people for many years.

Look at some of her projects and consider how she uses photography to explore their lives.

http://www.michellesank.com/portfolios/sixteen

http://www.michellesank.com/portfolios/young-carers

Reflection

- Did using the flash change the mood of the photograph?

Additional Resources

How to use a white board, sheet or towel as a reflector

https://www.youtube.com/watch?v=FXdVt2nxWuA

How to make a homemade reflector

https://www.diyphotography.net/1-5-5-minutes-reflector-use/

Other Artists

Richard Avedon, Diane Arbus, Rinike Dikstra, Irving Penn, Steve McCurry

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Examples of portraits: (individually credited)

(Fig.1) Portrait wide shot

Photo by Erica Magugliani on Unsplash

(Fig.2) Portrait medium shot

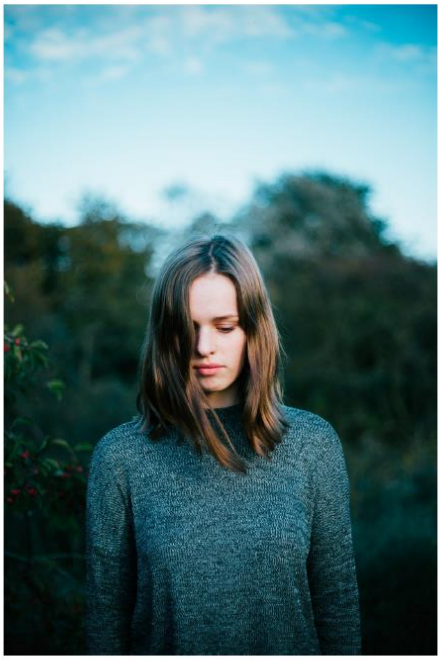

Photo by joyce huis on Unsplash

(Fig.3) Close Up with window light

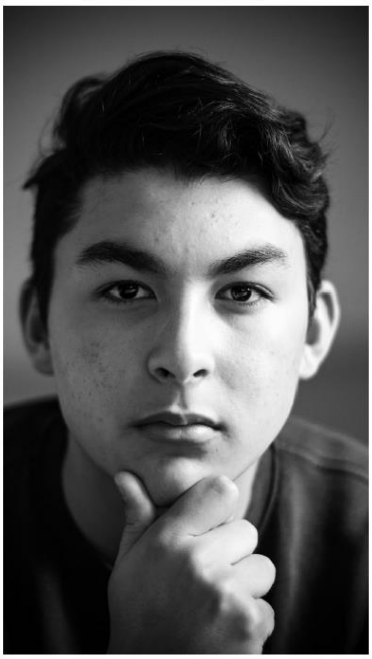

Photo by Angelo Abear on Unsplash

(Fig.4) Profile Portrait

Photo by César Rincón on Unsplash

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(Fig.5) Fun Poses and Actions

Photo by Jonathan Borba on Unsplash

Photo by Ilona Panych on Unsplash

Photo by Talles Alves on Unsplash

Photo by Rui Silva sj on Unsplash

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Documenting Young People's Experiences of Self Isolation- A Photography Project

Activity 4: Still Life (of something I'm missing or something that is special to me)

Task

A still life painting or photograph is when a group of objects are arranged together to form an interesting composition. Lighting and framing are important things to consider when making it. See **(Fig.1)**

Create a still life photograph with objects that you have in your home. They could have special meaning for you (a favourite book, game, sports equipment for example). Think about the shape, colour and texture of them and how they will be arranged together. Natural things like flowers, fruit, berries and leaves make beautiful still life photographs combined with plain or textured backgrounds.**(Fig.2)** You could even try photographing your favourite food or dessert!

Tips

- Use different backgrounds like a tablecloth, white sheet, coloured paper, window sill, grass, a brick wall, tarmac, sand.
- Place your background and still life objects on a small chair or table so you can move them into more brightly lit spaces.
- Use a torch or desk lamp to light up your still life. Move the light around the still life and see how light and shadow are affected. Watch the egg tutorial below for ideas.
- Use blu tack to hold small objects in place or upright.
- Use small mirrors or tin foil as reflectors to bounce light into your composition.
- Add movement in your still life by dropping something into it and capturing it using Burst Mode on your smartphone. See **(Fig.3)**
- Use your homemade tripod from Activity 2 to hold your camera still so you can concentrate on your arrangement.
- Remember to use a wide shot, medium shot and close-up.
- Window light gives lovely soft light so you could use it again for this activity.
- Go very close to your objects to make an abstract macro shot. Capture the details! You will need to hold the camera very steady or put it on a tripod! Make sure it is in focus.**(Fig.4)**

Examples

Jan Groover created beautiful still lives from everyday objects. Think about how they are arranged together and intersect in this photograph.

https://www.moma.org/collection/works/51084?sov_referrer=artist&artist_id=2358&page=1

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Edward Weston made black and white photographs of natural forms taking many hours to light and expose the photographs. Sometimes making seemingly simple artwork is very complicated! Consider carefully how many objects you use in your photograph and why you chose them..

https://www.artic.edu/artworks/120846/pepper

Reflection

- Why did you choose certain objects for your still life?
- Why do they have meaning for you?
- Did you notice any change in the colour of your still life when you used different lighting techniques?

Additional Resources

Learn how light and shadow works through photographing an egg

https://www.youtube.com/watch?v=qM7CcUrUD2g&list=PLhbs3P4lxiCkb90Oirj504urpvL6OhuXv&index=29&t=0s

Lighting Tips for Still Life Photography

https://www.youtube.com/watch?v=QYh3uqG_7qM

Other Artists

Clare Gallagher on Photographing Housework

https://www.theguardian.com/artanddesign/2020/jan/05/even-dust-can-be-interesting-clare-gallagher-photographs-housework

Historical Context Still Life Photography

https://www.theguardian.com/artanddesign/2012/nov/16/still-life-photography-jonathan-jones

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Still Life Examples

(Fig.1) Still Life

Photo by Mick Haupt on Unsplash

(Fig.2) Still Life Natural Forms

(Fig.3) Still Life with movement

Photo by Henry Be on Unsplash

(Fig.4) Close-Up

Photo by Alexander Schimmeck on Unsplash

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Documenting Young People's Experiences of Self Isolation- A Photography Project

Activity 5: Landscape or Streetscape.

Task

Landscape photography can be used to capture the beauty of natural places or the architecture and environment of urban areas.

Take a series of photographs of a wild place or urban area near your home. Choose somewhere that has special meaning for you or that you like in terms of its shape, design, colour etc. Use the tips from previous workshops and the idea of leading lines to make your photograph interesting and dynamic.

Tips

- Leading lines are a composition technique used to help draw the viewer into your image toward the subject of your photograph. The lines can be natural or man made for example a road or a river. See (Fig.1) for examples.
- Download a compass app on your phone like Sun Surveyor Lite to track the path of the sun and choose the best time of day to photograph your subject. Places often look better when lit fully by natural light. You can use Google maps also. South facing buildings are lit all day. North facing buildings receive very little light. Shoot early in the morning or late afternoon for softer, more yellow light with interesting shadows.
- Create depth in your image by carefully choosing how the foreground, middleground and background work together to create a series of layers See (Fig.2).
- Use the rule of thirds from Activity 1 to position your horizon line and other important elements in your composition (Fig.3)
- Pay attention to places with interesting shapes, colours and textures (Fig.4)
- Use Pano mode to create a panorama from a series of your photographs
- Try and recreate a scene from an old photograph or postcard in your area

Examples

Bernice Abbott created this beautiful photograph of New York. What kind of photography techniques and skills has she used to achieve it?

https://www.moma.org/collection/works/44501?sov_referrer=artist&artist_id=41&page=1

John Hide sent team photographers all over Ireland during the 1960s and 1970s to capture the beauty of the landscape and urban areas.

http://catalogue.nli.ie/Search/Results?lookfor=Ireland&type=AllFields&submit=FIND&filter%5B%5D=hierarchy_top_title%3A%22The+Lawrence+Photograph+Collection%22

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Reflection

- How do photographs help us record and remember places and events?

Additional Resources

How to take a panorama photograph on the Iphone

https://www.youtube.com/watch?v=86rnwu3ZFbE

Use the free app Snapseed to edit your photographs

https://www.youtube.com/watch?v=kE_FQ5CGYow

Other Artists

The F64 Group

A pioneering group of male and female photographers based in America in the 1930s

https://www.britannica.com/art/Group-f64

Classic Views of Ireland in John Hinde Postcards

http://www.johnhindecollection.com/ireland1.html

Use the Digital Collection of the National Library to look at old photographs from your area

http://catalogue.nli.ie/Search/Results?lookfor=Ireland&type=AllFields&submit=FIND&filter%5B%5D=hierarchy_top_title%3A%22The+Lawrence+Photograph+Collection%22

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Examples of landscapes:

(Fig.1) Leading Lines

Photo by Brian Cregan

Photo by Brian Cregan

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(Fig.2) Creating depth through layering

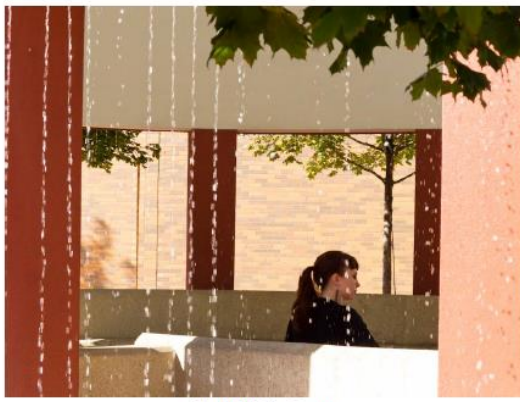

Photo by Brian Cregan

(Fig. 3) Rule of Thirds

Photo by Brian Cregan

(Fig.4) Using colour, shape and tecture

Photo by Brian Cregan

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Documenting Young People's Experiences of Self Isolation- A Photography Project

Activity 6: Digital Story

Description: Combine photos, text, music or voiceover to create a 2 minute digital story.

Task

Create a digital story no longer than 2 minute using photographs, short video clips, words and music. You can also add in your own drawings, paintings and animations if you like. Think of a theme for your story. It could be about a challenge that you face living in isolation away from friends or family. Or it could be a celebration of a particular event and how it feels.

You can do this as an individual or as a group collaboration.

Tips

- Brainstorm your ideas!
- Plan your story using storyboard templates attached. Use simple drawings like stick men and write notes and text below. You can make your own storyboards using simple rectangles if you prefer.
- Take some photographs.Think about interesting textures of natural materials or man made surfaces that might work as backgrounds or link with other images.
- Use short video clips in your story to give a sense of movement.
- Write a voice over and practice it (think about how long it will be).
  Record it in a quiet space with soft surfaces with no background noise. Somewhere like a bedroom is good for this. Kitchens can be bad for audio recording.
- Make recordings of everyday sounds like people laughing, bird song, a street etc. You can use these to create a mood for your story.
- Use existing artworks drawings, paintings etc or create new ones and then photograph them!
- Work in layers with audio, images and text to create your story.
- Use your Iphone and Imovie to create a digital story. Save it at HD-720p in the Save settings. Then export it using Airdrop and Wetransfer. https://wetransfer.com/

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Apps and Programmes

- **Open Shot** (Open source and free editor): https://www.openshot.org/
- **Imovie**: Can be used with an Ipad, Iphone or Imac. See this short tutorial on how to create and export a short video. https://macmost.com/how-to-make-and-export-a-slideshow-on-your-iphone.html
- **Windows Moviemaker** (Old version of Windows) https://www.youtube.com/watch?v=4w8v0qgjibc
- **Microsoft Photos** app to make videos (new versions of Windows) https://www.techradar.com/how-to/windows-movie-maker-is-back-how-to-use-windows-10s-hidden-video-editor or

  https://www.howtogeek.com/355524/how-to-use-windows-10s-hidden-video-editor/

  Powerpoint https://www.youtube.com/watch?v=N2MbBSc6930

Save your digital story as an MP4 or .MOV Video file no bigger than 200mb!

Share it using https://wetransfer.com/.

Examples and Tutorials

Short Youtube Video on how to make a digital story

https://www.youtube.com/watch?time_continue=5&v=LVKeO5IIR_A&feature=emb_logo

Digital Story Explainer

https://www.youtube.com/watch?v=JIix-yVzheM

Reflection

- What new skills and ideas have you learned while creating your digital story?

Additional Resources

Curriculum Guide for Digital Storytelling from Adobe

http://youthlearn.org/resources/digital-storytelling-curriculum/

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http://youthlearn.org/wp-content/uploads/AYV_Curriculum_DigitalStorytelling_packaged.pdf

Video Editing on a budget

https://www.rev.com/blog/how-to-edit-youtube-videos-on-a-budget

Use the Pic-Lits App to improve literacy through working with images

https://piclits.com/piclit/364/

Comic making ideas and templates for developing themes and ideas

https://www.makebeliefscomix.com/tell-a-story-comic-prompts/

Other Artists and Inspiration

Pine Point by Goggles:A digital story about a mining town in Canada that no longer exists

http://pinepoint.nfb.ca/#/pinepoint

The website

http://pinepointrevisited.homestead.com/Pine_Point.html

Printable Storyboards

(A storyboard can help you organise your ideas and make the storytelling easier)

https://www.powerproduction.com/storyboard-templates/six-HD-storyboard-template-tape.pdf

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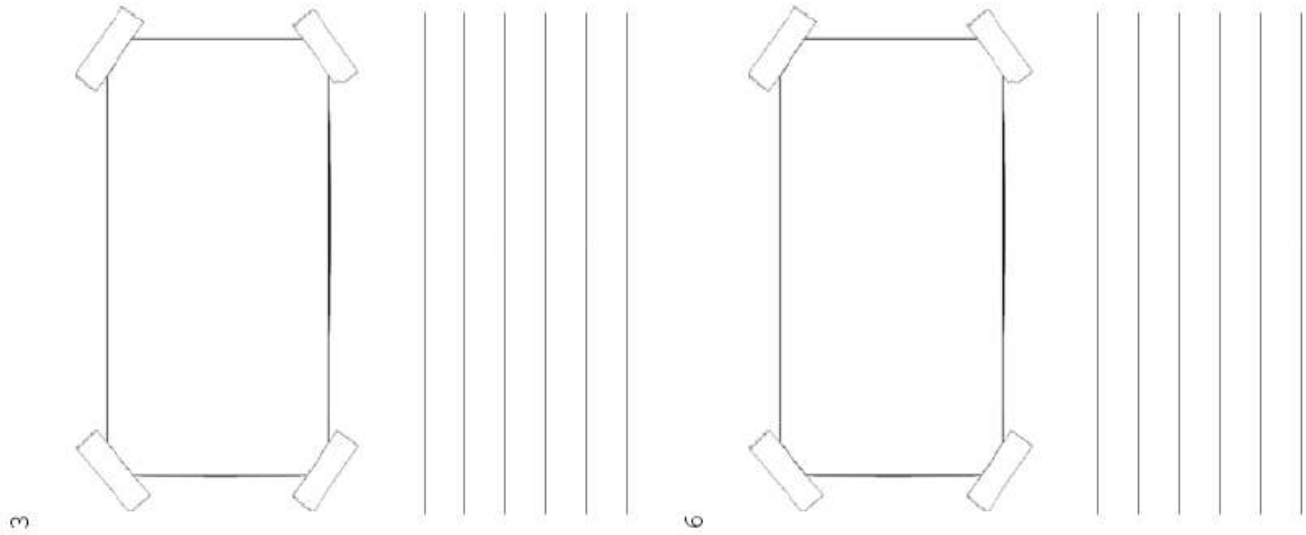

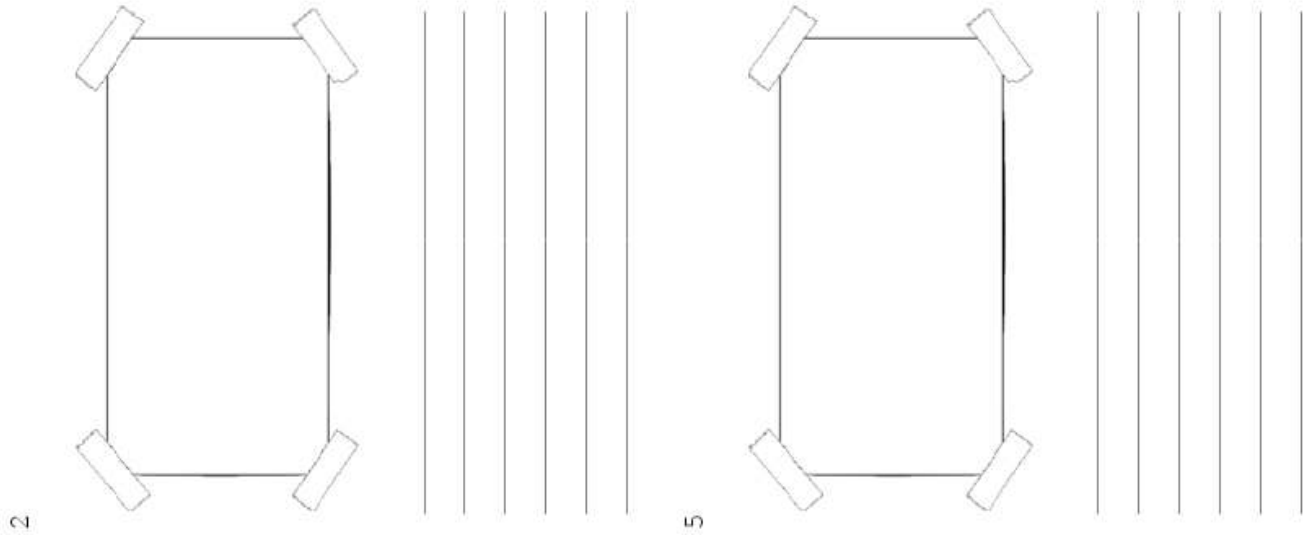

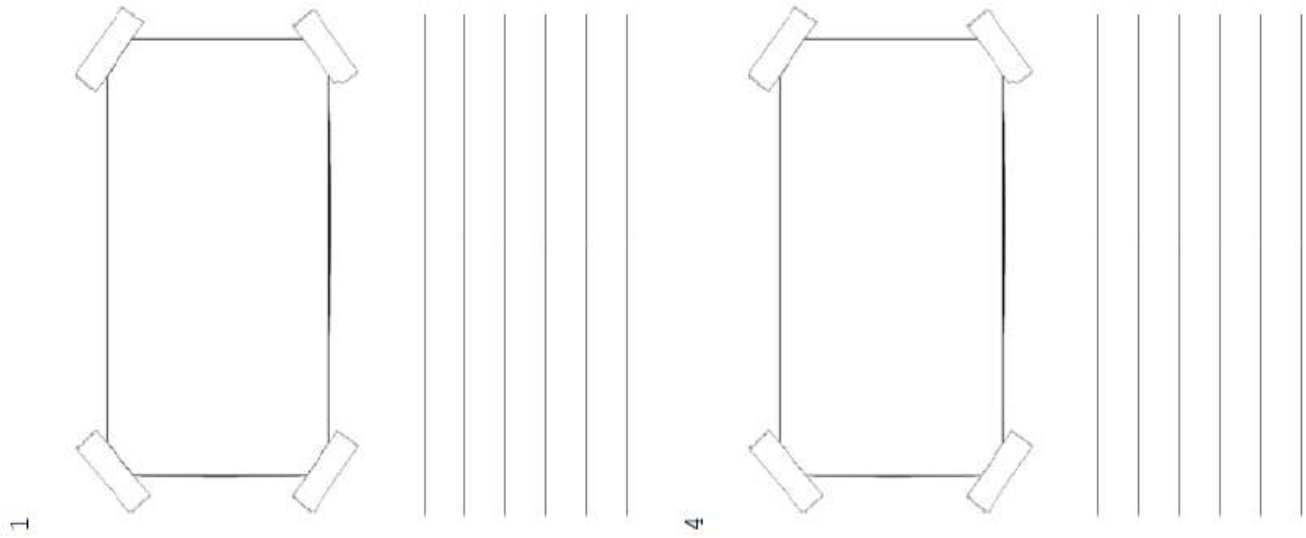

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